

South Hadley Aquacise

Fall 2016

Aquacise is our one hour low impact water exercise class that helps promote cardiovascular fitness, improved flexibility and strength training. You'll be sure to enjoy yourself while getting the benefit of exercising and playing the occasional game of water volleyball! This class is excellent for all fitness levels from the beginner to advanced swimmer. Class is for those 16 years old and up. Participants should register at the first class of each session.

When: Tuesday & Thursday evenings, 7:30-8:30pm

Where: Michael E. Smith Middle School Pool
(100 Mosier Street). Use the entrance behind the school by basketball courts.



September Session: 6, 8, 13, 20, 22, 27, 29
Seven Classes: \$35 residents/\$40 non-residents

October Session: 4, 6, 11, 13, 18, 20, 25, 27
Eight Classes: \$40 residents/\$45 non-residents

November Session: 1, 3, 8, 10, 15, 17, 22, 29
Eight classes: \$40 residents/\$45 non-residents

December Session: 1, 6, 8, 13, 15, 20, 22
Seven classes: \$35 residents/\$40 non-residents

Cancellation Hotline: 413-538-5017 x233

-----**Registration Information:**-----

Name: _____ **Age:** _____

Address: _____

Home Phone: _____ **Cell Phone:** _____

Email Address: _____

Please sign below to acknowledge that you understand the structure of the class and its limitations, and that you take this class freely and at your own risk. I, hereby release, discharge and/or otherwise indemnify the Recreation Department, Town of South Hadley, and all of its employees against any claim by or on behalf of the Registrant as a result of the Registrants participation in the program.

X _____ Date _____

Make check payable to:
South Hadley Recreation Department and mail to:
116 Main Street, South Hadley, MA 01075